

THE Bulletin



February 2018 Volume 95, Number 2

MINDFULNESS in Medicine

Town Hall, 2/1/18, Reserve Now!

**MSMS Opioid
Legal Update**

**Preventative
Maintenance
for Your Trust**

**Practice Manager's
February 22nd
"a local practice's
approach to
compliance"**



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CT Coronary Calcium Scoring



Help your patients take advantage of our special *February discount price* of **\$101** out-of-pocket .

Who should get a CT Coronary Calcium Score?

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THE Bulletin

Read by 96% of GCMS members.

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Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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Healthcare in America — a Broken System

Our healthcare system is in dire straits. It is overpriced, inefficient, and unequally available. Healthcare providers, insurances, pharmaceutical companies, medical device companies and politicians are all guilty of contributing to the problem. The United States has historically yielded low international rankings in total healthcare performance. Its importance to the citizens of this country cannot be overstated. Proper medical care is one of the most precious commodities each of us should possess. Responsible, caring, bipartisan leadership must embrace the challenge and begin to work toward its improvement as Third World healthcare is no longer acceptable in, what we like to call, "the greatest country in the world."

The popularly accepted mantra has been "we have the best healthcare system in the world." The truth is, we are not even in the top 10. The World Health Organization (WHO) places us 37th in overall healthcare performance in the world, behind even Third World countries. Even Canada, our northern neighbor with its negatively viewed universal care system, was seven positions higher. The US News and World Report in 2017 doesn't rank the United States in its top 10 at all. An evaluation that is performed every three years by the Commonwealth Fund, states that of the 11 developed nations reviewed, the United States was dead last in overall healthcare performance. The United States spent, by far, the most money to achieve that onerous distinction. We ranked last or close to last in access, administrative efficiency, equity and healthcare outcomes. It should be mentioned that every one of the higher ranked nations in that study had a form of universal healthcare.

These are shocking and especially sad statistics for the most affluent country in the free world. The answers to this monumental problem must be forged by a thorough understanding of all influences that are at work.



**Gerald D. Natzke,
DO, FAAEM, DIBEM**

Complicating the solution are ethical, administrative, financial and political considerations, none of which are minor. There are many significant issues, requiring dramatic change, to reach the desired goal. Access must be given to every citizen. Medical care must be available and equitable. Healthcare should be considered a right, instead of how its viewed presently, as an overpriced, underperforming luxury. Administrative hassles burden all providers. Sorting out billing and insurance claims, EMR mandates and prior authorization requirements add much to the cost of providing care. Chronic medical care doesn't adequately focus on discovery and treating causation of disease. Defensive medicine is still utilized more than is necessary. Both the cost of malpractice insurance and the specter of a potential malpractice suit still weighs too heavily on many provider minds. Numbers of primary care providers are low for multiple reasons and thus adequate access to the system is reduced or unavailable for many. Pharmaceutical companies are afforded benefits and protection while creating unwieldy drug prices, creating barriers for patients in need. Controlling drug prices is a key component

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to managing the fiscal side of this dilemma. Last, and certainly not least, it must be recognized and broadly accepted that healthcare for all is far too important to continue to be a political pawn.

There are solutions and we all need to work together to become part of them. Embarrassing rankings can turn into satisfactory change if we use expended dollars more wisely. To produce more than an incremental improvement, we need to move aggressively to pursue a different course than what, to this date, has been haphazardly created. Like all higher ranked nations, the United States needs to create its own unique version of healthcare, and possibly, a form of universal care. The latter is not ideal, but it is likely that we will find it is superior to the system that is presently in place, as others have.

With the dollars expended, in this country, toward a new system it could be done well. Primary care

needs to be strengthened. The paradigm of reliance on pharmaceutical products to treat disease requires major modification. Emphasis on prevention, discovery and embracing treatments which tackle the cause of disease need to be taught and practiced. Improving administrative efficiencies by giving greater voice to practitioners should, in the office/hospital settings, be a cornerstone to the new system.

These issues need to be addressed by this nation. Each of these points highlight the necessary discussion that must take place to ensure affordability of care, provide greater access and ultimately change the healthcare landscape to the benefit of all Americans. We must strengthen this dialogue and continue to keep focused on this precious human right or accept being mired in sub-third world healthcare.

Medical Society Foundation
4438 Oak Bridge Drive
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(810) 733-9923

Greetings from the Medical Society Foundation,

Thank you for considering the Medical Society Foundation when you make your charitable donations. We are truly grateful for your kind generosity.

Should you desire to contribute, please consider giving a gift of cash, stock transfer, or IRA Charitable Rollover. If you are 70 ½ or older, you can use your IRA to support the Medical Society Foundation. Making an IRA charitable rollover gift to us will lower income and taxes from your IRA required minimum distribution this year.

For more information, please contact Peter Levine via email plevine@gcms.org, or call 810-733-9923. We would love to hear from you.

We wish you all a wonderful year!

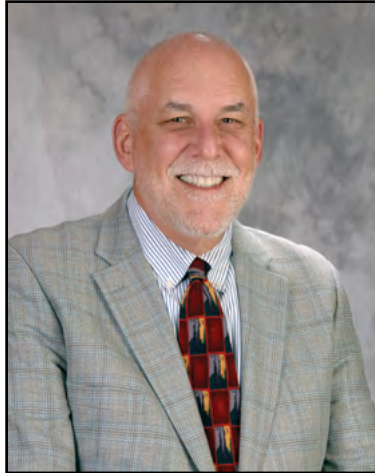
With warm regards,



Allen F. Turcke, MD
President

Resolutions for the House of Delegates

Here it is, the middle of winter. Spring seems so far away. But it's right around the corner. Spring is not just the end of winter. It is the time of the Michigan State Medical Society House of Delegates, April 28-29, in Dearborn. This is the statewide session of delegates who all come together to democratically develop policy for the Michigan State Medical Society, and as a consequence, for all of you, and for all of your patients. Genesee County has a long history of presenting resolutions which has changed policy locally, statewide and sometimes nationally. Proposed resolutions can cover areas such as medical ethics, medical politics, social issues, medical economics, scientific and educational affairs and public health issues. If you have an idea, jot



Peter Levine, MPH

it down. The following is a link to the MSMS website which describes how to write a resolution: <https://www.msms.org/About-MSMS/House-of-Delegates/How-to-Write-a-Resolution-to-the-MSMS-House-of-Delegates> Give it a try. Staff is happy to review and touch up any efforts to get a resolution for submission to our Board. We just need the resolutions before our next Board of Directors meeting on Feb. 23. Genesee County Medical Society delegation is extremely effective in getting meritorious ideas passed by the MSMS House. If appropriate, the resolutions are also taken to the American Medical Association. If you feel like it, look at past resolutions from Genesee County in previous years' May and June Bulletins. Enjoy, and have at!

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The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting
and a *Medical Community Town Hall* in conjunction with the

CRIM Foundation

and sponsored by the **United Way of Genesee County**

February 1, 2018

Mindfulness in Medicine:

*Promoting Health, Well-being, and Resilience in
Patients, Physicians, and Health Care Providers*

This program will focus on the use and benefits of mindfulness for physicians, their families, and staff. It will also introduce attendees to the use of mindfulness to improve patient outcomes. Presentations will be research focused and will look at how physicians are using mindfulness as a tool in their practices.

Presenters:

- **Anju Sawni, MD**
Personal & Professional Mindfulness
- **Ruth Lerman, MD**
*Mindfulness Medical Director,
Beaumont Hospital in Royal Oak*
- **Sarah Sullivan, Program Director**
Crim Mindfulness Initiative

Mindfulness supports physicians:

- ✓ Improving overall patient care and outcomes
- ✓ Strengthening clinician-patient relationships
- ✓ Enhancing health and wellbeing

Meeting Location:

Flint Golf Club
3100 Lakewood Drive
Flint, MI 48507

Evening Schedule:

6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

Space is limited!

Please register by January 25, 2017

Please mail your reservation payment to:

Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
Flint, MI 48532

Please invite other physicians and practice managers to this meeting!

GCMS physicians, spouses, GCMSA, family members, practice staff and other interested professionals are encouraged to attend!

\$40.00 – GCMS Members, Spouses, Practice Managers, & Staff

\$40.00 – Staff & Special Guests of Greater Flint Health Coalition and Crim Fitness Foundation

\$25.00 – Resident Physicians & Medical Students

\$75.00 – Non-Member Physicians, Spouses, Practice Managers, & Staff

Email Sherry at ssmith@gcms.org to register your attendance or call **810-733-9923** for more information.

Physician, Heal Thyself... on Second Thought, Maybe Not

Ask counsel of him who governs himself well. – Leonardo da Vinci (1452-1519)

The following is an "Editorially Speaking" column from Dr. Ryan written in May 2009. It is reprinted here as it retains its relevance almost a decade later.

Ah Spring! Longer and warmer days, shoots of green grass begging for mower, flowering trees scenting the night air, and leaves sprouting miraculously from long-bare branches. We have certainly earned our way to this season after a particularly harsh winter. The beauty of springtime reminds us of why we live in Michigan. The change from winter should encourage even the most dedicated couch potato to get outside and walk, bicycle, swim, run, fish, golf, and work in the garden and yard. Too often, though, our busy schedule interferes with, and takes precedence over, routine health maintenance habits such as regular exercise. Physicians tend to be better at preaching about healthy habits than practicing them. Taking care of others may lead to neglecting our own needs.

Counseling patients is an important aspect of medical practice. The link between a doctor's personal health habits and the ability to effectively advise patients on four key health issues; tobacco use, maintaining a healthy weight, regular exercise, and alcohol use, is strong. Studies have shown that the poorer health habits a physician has, the less likely he or she will appropriately counsel their patients regarding the above-mentioned habits, and vice versa


Doctors also tend to be reluctant to adopt the role of patient, even when illness strikes. Physician - patients often take a more passive stance when it comes to their own health. A JAMA study in 2003 revealed that physicians tend not to have a primary care doctor themselves. There is, apparently, a problem with accepting and trusting medical advice. One study showed that one-third of physicians did not have a regular source of primary health care, and internists, surgeons, and pathologists made up a significant percentage of those fatalists. These doctors supposedly feel that they are more than adequately trained to deliver self-care. Interestingly, pediatricians and psychiatrists were the most likely to have a primary care physician.

Among the latest trends in medical school curricula

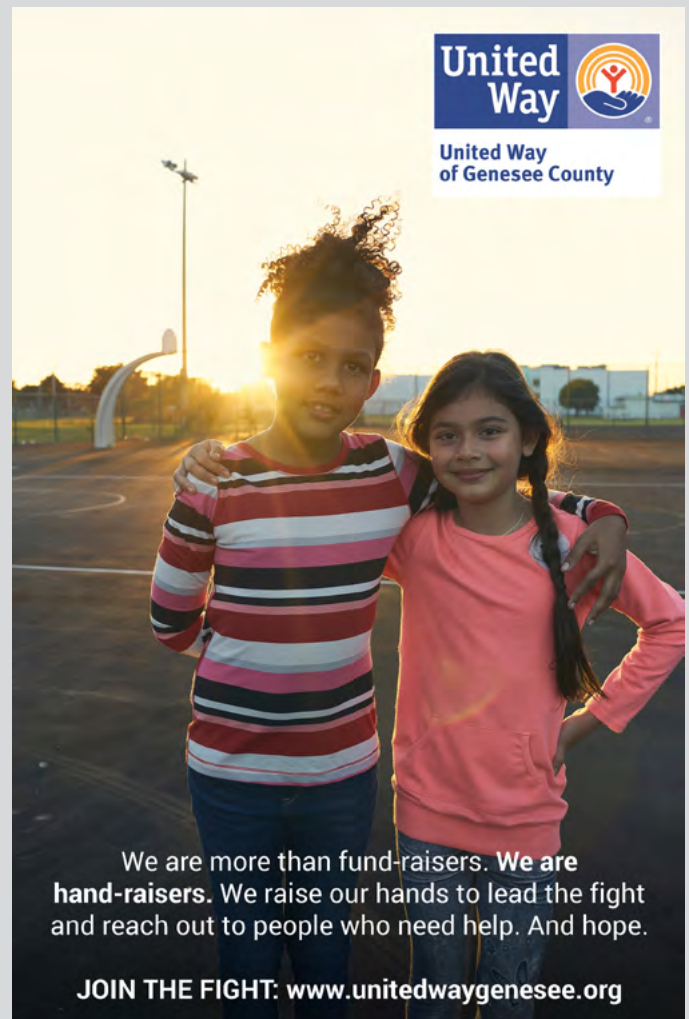


Dan Ryan

is inclusion of course objectives to educate future physicians in taking care of their own physical and emotional needs as well as their patient's. The assumption that by being your own physician you are in good hands is probably a combination of egotism and indolence. The importance of having another's perspective far outweighs any benefit from being one's own second opinion. Our patients will be better served by having physicians who embrace a healthy lifestyle and seek advice from their primary doctor when needed.



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of Genesee County



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Do you recognize this DOCTOR?



Look for the Answer inside!

GCMS MEETINGS —February 2018—

Mindfulness GCMS Town Hall, 2/1
6:00 pm, Flint Golf Club

Legislative Liaison Committee, 2/5
8:00am, GCMS Office

2017 Ball Committee, 2/15
4:00pm, GCMS Office

**Community & Environmental Health
Committee, TBD**
12:30pm, GCMS Office

MSF Fundraising Committee, TBD
6:00pm, GCMS Office

Practice Managers, 2/22
8:00am, GCMS Office

Finance Committee, 2/27
5:15pm, GCMS Office

Board of Directors, 2/27
6:00pm, GCMS Office

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Michigan State Loan Repayment Program Overview

MSLRP helps employers recruit and retain primary medical, dental, and mental healthcare providers by providing loan repayment to those entering into MSLRP service obligations. MSLRP service obligations require participants to provide full-time primary healthcare services in Health Professional Shortage Areas (HPSAs) at not-for-profit health clinics for two years. MSLRP will assist those selected by providing up to \$200,000 in tax-free funds to repay their educational debt over a period of up to eight years. Participants will enter into consecutive two-year MSLRP service obligations requiring them to remain employed for a minimum of 40 hours per week for no less than 45 weeks per year at eligible nonprofit practice sites providing primary healthcare services to ambulatory populations. MSLRP loan repayment agreements are funded by a federal/state/local partnership. Federal funds are awarded by the National Health Service Corps (NHSC) of the Health Resources and Services Administration (HRSA). State funds are appropriated

by the Michigan Legislature, and local funds come from employer contributions toward their employees' loan repayment agreements. Please see the 2013 & 2014 MSLRP Biennial Report for the most up-to-date information on the program.

The material on this website will give you an understanding of MSLRP sufficient to determine whether you are eligible, how to apply, and the amount of MSLRP payment you may receive if awarded an agreement.

Please review the MSLRP Opportunity Update for information on current or upcoming application periods, including recent program changes. Then, carefully study the remainder of the information to learn about program requirements, eligible provider types, loan repayment amounts, selection criteria, and application requirements.

If you have questions regarding the program, please contact Ken Miller at MillerK3@michigan.gov or (517) 241-994



Say What, Dr.?

"*Say What, Dr.?*" is a book recently written by Ted and Naomi Reynolds, who worked as physician's transcribers for many years. GCMS will periodically share these enjoyable "lapses" dictated into medical records. This is simply published in fun.

- "because of his pulling IV lines after he was able to adequately eat himself "
- "postoperatively...[the patient] will be placed under general anesthesia. "
- "at the time of discharge, she is doing much better, breathing okay without oxygen. "
- "the patient has most medical problems, including... "

Announcement

GCMS members now entitled to a 15% discount on automobile and homeowners insurance.

For details, contact:

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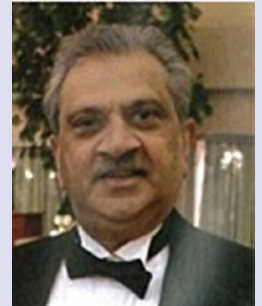


For sale. Medical suite condominium at 5111 W. Bristol Road, Linden Bristol Square, Flint Township commercial district. Conveniently two blocks from I-69 ramps. Has 6 rooms (including offices) with possibility of adding more rooms. Reception and conference room, and much storage area. For more information, call Karen Cape, Cooper Commercial Group, LLC. **810-423-3775.**

Venkat Rao, MD, appointed to the Michigan Board of Medicine

Gov. Rick Snyder has announced appointment of Venkat Rao, MD, to the Michigan Board of Medicine.

Housed within the Michigan Department of Licensing and Regulatory Affairs, the board oversees the practice of medicine and serves as the state's licensing board. It includes 19 members: 10 doctors, one physician's assistant and eight public members.



Venkat Rao, MD

Dr. Rao is a physician at Chest and Sleep Consultants, who previously served as a member of the Pharmacy and Therapeutics Committee. He is a member of the Genesee Medical Society, the Michigan State Medical Society, the American Medical Association, and a fellow of both the American College of Chest Physicians and the American Sleep Disorders Association. He will represent physicians on the Board of Medicine.

YOUR \$\$\$ AT WORK

- GCMS continues to represent physician's interests in multiple venues.
- GCMS continues to work with MSMS on important bills. In some cases, the effort is to support. In other cases, it is to oppose and always it is to improve legislation.
- GCMS continues to work with local and state health officials on water related public health issues.
- GCMS continues to provide physicians and allied professionals with public health advisors.
- GCMS completed planning for the Town Hall on Mindfulness.

Preventative Maintenance for Your Trust

By: Barbara Hunyady, Attorney at Law

I never cease to be amazed how many families have a trust, but still have to go through probate court. The most common situation is where a family sets up an estate plan, their attorney helps them transfer all of their accounts and property into the trust, and they move on with life and forget about it. Ten years pass by without a blink; the family has moved to a different house, moved some money to a new investment account, or became a partner in their practice and received a share of stock. Then there is a death in the family and they realize – they have added assets to their estate but never transferred it to their trust. The family then has to hire an attorney for both probate court administration and trust administration.

Why get a trust? Families set up trusts for their estate planning for a number of reasons. Some families need trusts help reducing estate taxes. However, fewer families have this estate tax “problem” because their total estate is worth less than \$5million or \$11million. Our federal estate tax limits were recently increased which means that each person can leave \$5.49 million, and married couples can leave \$10.98 million to heirs and pay no federal estate or gift tax.

Some families choose a trust because they have young children, teens, or grandchildren who are too young to manage their inheritance. Through a trust they can appoint a Trustee to manage the money, pay for college and weddings, and later pay out the inheritance when the children reach a certain age.

Families also choose a trust because they want to avoid probate court. If you have added new assets since creating your trust, but did not ensure they were titled in your trust, then those new assets will have to go through probate court after your death. This is because the new asset will be stuck in your name when you die. In order to get the new asset out of your name, your family will have to open a probate court file to get it transferred out of your name and into your trust. While probate court is not the end of the world, it does increase costs of handling your estate after death and can create delays in getting your inheritance distributed. Also, because probate court and all of the files are open to the public, avoiding probate

court and keeping everything in your trust protects your privacy.

While most trusts do not require a lot of work to be maintained, they do need some preventative maintenance. At a minimum, you should look over your trust every 2-3 years. Think about the people you have named to be in charge, the people you are leaving an inheritance to, and consider if any changes should be made. Also think about your assets: bank accounts, investment accounts, retirement accounts, life insurance, business ownership, stocks, land and vacation property. If anything has changed, call an estate planning attorney and find out what needs to be done to keep it up to date. You may be surprised how one change can save so many headaches down the road. With trusts and avoiding probate court, a little preventative maintenance goes a long way.

If you need to discuss transfer of assets into your trust or making changes to your trust documents, contact the author at bhunyady@ccglawyers.com. You can also schedule a telephone or in-person meeting with Barbara Hunyady by calling 810-232-3141.

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- **Sarah Sullivan, Program Director**
Crim Mindfulness Initiative

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- ✓ Improving overall patient care and outcomes
- ✓ Strengthening clinician-patient relationships
- ✓ Enhancing health and wellbeing

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Flint, MI 48507

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Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
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Email Sherry at ssmith@gcms.org to register your attendance or call **810-733-9923** for more information.

Issues of Serious Concern for Medical Practices!

Don't let your practice manager miss these important meetings!



Held 4th Thursday of each month from 8am to 10am.

The following topics are tentatively scheduled and subject to change

**February 22th
Presenter(s):**

“A Local Practices’ Approach to Compliance”
Carrie Berlin, Director Technology & Operations
Regional Medical Imaging

**March 22nd
Presenter(s):**

“Discussing BCBSM Service Issues”
Dan Martin, Director II Provider Outreach
Blue Cross Blue Shield of Michigan

**Genesee County Medical Society | Rapport Conference Room
4438 Oak Bridge Drive, Suite B | Flint, MI 48532**

Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

In your Trust, *"Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation"*

In your Will, *"I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation"*

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.



Don't Forget!
Donations are tax deductible!

Please feel free to contact Peter Levine, Executive Director at 810-733-9925 or plevine@gcms.org.

Genesee County Medical Society
Board of Directors
October 24, 2017 - Minutes

I. Call to Order

The meeting was called to order in the Rapport Conference Room at 6:00 pm, by John Hebert, III, MD, President.

Joann Christy, MD, was introduced. She is the daughter of Dr. Ed Christy. She is a resident at Hurley Medical Center, and will start a residency in ophthalmology in July.

II. Genesee Health Plan Millage Presentation

Jim Milanowski, President and CEO of Genesee Health Plan, provided an overview of the program. He explained the new projects, which include areas of the underserved who have not been covered by the Affordable Care Act, Medicare, or Medicaid expansion. He noted that all county funds raised by the millage go directly to care. No money is taken out for administration.

III. Review of Minutes

Motion: that the minutes of September 26, 2017, Board of Directors meeting be approved as presented. The motion carried.

IV. Reports

A) Community & Environmental Health

Dr. Natzke explained that the Committee is seeking funding for the Flint Adult Chelation Trial (FACT). The State of Michigan cannot help, but is willing to hear more about it so that they could possibly help attract foundation support. The Committee will also meet with the Community Foundation of Greater Flint as soon as a meeting date is set.

Dr. Natzke also reported that a student from the University of Kentucky is doing research on decision-making associated with the Flint Water Crisis.

The Committee has also reviewed two different studies on the fertility and miscarriages in Flint.

Levine reported that the United Way has provided a small grant to expand the Genesee County Physician Public Health Alert System. The funds will go entirely to the consultant who created the system using the first grant.

B) Finance

Motion: that the budget to actual report for the period ending September 30, 2017, be approved as presented. The motion carried.

Dr. John Waters proposed a 2017-18 budget which is the same as the budget presented for the fiscal year which is about to end. No changes. This is due to the fact that GCMS could not project what MSMS will be doing which could impact the counties.

Motion: that the proposed 2017-18 budget, which is the same as the budget approved last year, be approved as presented. The motion carried.

C) Membership

Levine reported that there are five more full dues paying members since last year.

The question was asked about Hurley Medical Center residents

Motion: that Drs. Blight, Hebert, and Mr. Levine meet with Melany Gavulic to work out problems with arranging for Hurley Medical Center residents to become members. The motion carried.

Genesee County Medical Society
Board of Directors
October 24, 2017 - Minutes

D) AMA Update

Dr. Bobby Mukkamala reported on the AMA Interim meeting. He reviewed AMA data on competition among insurance companies by state. He noted that, in Michigan, between Blue Cross and Health Alliance Plan, 87% of the population is captured. The AMA is trying to tweak the exemptions for QPP and MIPS. A major focus of the AMA is the Integrated Health Model Initiative (IHMI). IHMI is helping to create inter-operability between systems. In terms of maintenance of certification issues, the AMA is pushing to make maintenance of certification voluntary the end no longer linked to MOC.

E) MSMS Update

Dr. Mukkamala reported that MSMS is working hard on maintenance of certification issues.

F) House of Delegates

Facilitate Transfer of Third and Fourth Year Student Memberships

Motion: that the resolution entitled facilitate transfer of third and fourth year student memberships be approved as presented for submission to MSMS. The motion carried.

G) Legislative Liaison

Dr. Cathy Blight reported that the next meeting of the Legislative Liaison Committee will take place on December 4.

Dr. Blight reported that the October 2nd Legislative Liaison Committee meeting had in attendance Representative Tim Sneller, as well as Senators Ananich and Robertson. Gary Jones from Congressman Kildee's office was there, as well as Colin Ford from the Michigan State Medical Society, along with several physicians, residents, and practice managers. The Committee reviewed in depth, issues surrounding Senate Bills 166-9274, which address prescription drug diversion. GCMS members explained how both of these bills would create major problems to the practice of medicine.

Auto no-fault reform was also discussed in depth. The Committee discussed the potential impacts on care if the bills are passed as written.

H) Presidents' Report

Dr. Hebert reported that the entire Board is invited to the November 15th Islamic Medical Association meeting. Presentations on the importance of GCMS membership will be made at that meeting.

Levine reported that, according to the GCMS bylaws, 33% of the members of the Board need to be in attendance for a quorum. That is currently 11 Board members.

Directive: the Executive Committee was asked to review the list of Board members to determine call or interested in continuing.

Dr. Hebert reviewed the upcoming practice managers meeting and requested that all Board members would come to the Presidents Ball on November 18th.



faith care UNITE heart NOW
connect family give HELP
support SHARING HOPE abundance community FRIEND
inspire COMPASSION GIFT
humanity PEACE
vision THANK YOU blessings
kindness LOVE unconditional
purpose DONATE



Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday giving. What a wonderful way of expressing your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time that you tell others how much their health – really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact Peter A. Levine, MPH at (810) 733-9925 or at plevine@gcms.org.

Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.

Mail your donations to:
Medical Society Foundation
4438 Oak Bridge Drive, Suite B
Flint, MI 48532-5467

OPIOID *Alert*



JANUARY 2018

On December 27, 2017, the Lieutenant Governor signed into law several new requirements aimed at combating the opioid epidemic. On the following pages is an objective analysis of the new laws that could have direct implications for physicians and medical practices.



PRESCRIBING OPIOIDS TO A MINOR – REQUIREMENT FOR INFORMED CONSENT

(House Bill 4408, Public Act 246 of 2017)

Effective June 1, 2018, before issuing an initial prescription for an opioid in a single course of treatment to a minor, a prescriber must discuss all of the following with the minor and the minor's parent or guardian:

- The risks of addiction and overdose
- The increased risks of addition for patients with underlying mental health or existing substance use disorders
- The danger of taking an opioid along with a benzodiazepine, alcohol or other central nervous system depressant
- Any other information in the patient counseling information section of the label for the controlled substance that is required under federal law (21 CFR 201.57(c) (18))
- The prescriber must document the informed consent on a "Start Talking Consent Form," which must contain:
 - » *The name and quantity of the controlled substance being prescribed for the minor and the amount of the initial dose*
 - » *A statement indicating that a controlled substance is a drug or other substance that the United States Drug Enforcement Administration has identified as having a potential for abuse*
 - » *A statement certifying that the prescriber discussed with the minor, and with the minor's parent or guardian or with another adult authorized to consent to the minor's medical treatment, the topics outlined in the bill*
 - » *The number of refills, if any, that are authorized by the prescription*
 - » *A space for the signature of the minor's parent or guardian or the signature of another adult authorized to consent to the minor's medical treatment, and a space to indicate the date that the minor's parent or guardian or another adult authorized to consent to the minor's medical treatment signed the form*

Exceptions to the informed consent include:

- If the minor's treatment is associated with or incident to a medical emergency
- If the minor's treatment is associated with or incident to a surgery, regardless of whether the surgery is performed on an inpatient or outpatient basis
- If, in the prescriber's professional judgment, fulfilling the requirements of the bill would be detrimental to the minor's health or safety
- If the minor's treatment is rendered in a hospice or oncology department of a hospital that is licensed by the state
- If the prescriber is issuing the prescription for the minor at the time of discharge from hospice
- If the consent of the minor's parent or guardian is not legally required for the minor to obtain treatment

ENFORCEMENT

Failure to comply with this section could result in the following disciplinary actions against a physician's license: probation, limitation, denial, fine, suspension, revocation or permanent revocation.

PATIENT INFORMATION ON OPIOID RISKS – REQUIREMENT FOR INFORMED CONSENT

(House Bill 4408, Public Act 246 of 2017)

Effective June 1, 2018, before an opioid is prescribed to a patient by a physician (and/or any other prescribers licensed with the state), the physician will be required to obtain the patient's informed consent on a form prescribed by the Michigan Department of Health and Human Services that they have received from the physician, the following information:

- The danger of opioid addiction
- How to properly dispose of an expired, unused or unwanted controlled substance
- That the delivery of a controlled substance is a felony under Michigan law
- If the patient is pregnant or is a female of reproductive age, the short- and long-term effects of exposing a fetus to a controlled substance, including neonatal abstinence syndrome

Exception:

If the opioid is prescribed for inpatient use.

ENFORCEMENT

Failure to comply with this section could result in disciplinary action by the Michigan Board of Medicine.

MANDATORY MICHIGAN AUTOMATED PRESCRIPTION SYSTEM (MAPS) CHECKS

(Senate Bills 166 & 167, Public Act (PA) 248 of 2017, and PA 249 of 2017)

Effective June 1, 2018, all licensed prescribers in Michigan will be required to query the Michigan Automated Prescription System (MAPS) when prescribing controlled substances to any patient.

Exceptions include the following:

- Prescriptions written for quantities less than or equal to a 3-day supply
- If dispensing occurs in hospital or surgical freestanding outpatient facility and is administered in the facility
- If the patient is an animal and the controlled substance is administered in a veterinary hospital or clinic
- If the controlled substance is prescribed by a veterinarian and dispensed by a pharmacist

Beginning **June 1, 2018**, all licensed prescribers in Michigan must be registered with MAPS before prescribing or dispensing a controlled substance to a patient.

ENFORCEMENT

Prescribing or dispensing a controlled substance on or after **June 1, 2018**, without first registering with MAPS could result in the following disciplinary actions against a physician's license: denial, fine, reprimand, probation, limitation, suspension, revocation, or permanent revocation.

Failure to query MAPS when prescribing controlled substances to any patient, starting June 1, 2018, could result in the following disciplinary actions against a physician's license: denial, fine, reprimand, probation, limitation, suspension, revocation, or permanent revocation.

If a physician has violated the requirement to check or register with MAPS, the Department of Licensing and Regulatory Affairs may issue a letter to the licensee notifying the licensee that he or she may be in violation. A letter would not be considered discipline.

LIMITATION ON OPIOID PRESCRIBING: 7-DAYS FOR ACUTE PAIN

(Senate Bill 274, Public Act 251 of 2017)

Beginning July 1, 2018, if a licensed prescriber is treating a patient for acute pain, the prescriber shall not prescribe the patient more than a 7-day supply of an opioid within a 7-day period.

“Acute pain” is defined as pain that is the normal, predicted physiological response to a noxious chemical or thermal or mechanical stimulus and is typically associated with invasive procedures, trauma, and disease and usually lasts for a limited amount of time.

ENFORCEMENT

Non-compliance could result in disciplinary action by the Michigan Board of Medicine.

BONA FIDE PRESCRIBER-PATIENT RELATIONSHIP

(Senate Bill 270, Public Act 247 of 2017)

Beginning March 31, 2018, a licensed prescriber shall not prescribe a controlled substance listed in schedules 2 to 5 unless the prescriber is in a “bona fide prescriber-patient relationship.”

If a licensed prescriber prescribes a controlled substance, he or she must provide follow-up care to the patient to monitor the efficacy of the use of the controlled substance. If a licensed prescriber is not able to provide follow-up care, the prescriber shall refer the patient to the patient’s primary care provider for follow-up care or, if the patient does not have a primary care provider, the physician must refer the patient to another geographically accessible primary care provider.

“Bona fide prescriber-patient relationship” is defined as treatment or counseling relationship between a prescriber and a patient in which both of the following are present:

- The prescriber has reviewed the patient’s relevant medical or clinical records and completed a full assessment of the patient’s medical history and current medical conditions, including a relevant medical evaluation of the patient conducted in person or via telehealth
- The prescriber has created and maintained records of the patient’s condition in accordance with medically accepted standards

ENFORCEMENT

Failure to comply with this section could result in the following disciplinary actions against a physician’s license: probation, limitation, denial, fine, suspension, revocation, or permanent revocation.

PHYSICIAN REFERRAL FOR SUBSTANCE USE DISORDER

(Senate Bill 273, Public Act 250 of 2017)

Effective March 27, 2018, a physician who treats a patient for an opioid-related overdose is required to provide information to the patient on “substance use disorder services.”

“Substance use disorder treatment and rehabilitative services” is defined under the Michigan Mental Health Code as including:

- Early intervention and crisis intervention counseling services for individuals who are current or former individuals with substance use disorder
- Referral services for individuals with substance use disorder, their families, and the general public
- Planned treatment services, including chemotherapy, counseling, or rehabilitation for individuals physiologically or psychologically dependent upon or abusing alcohol or drugs

DIRECT ADMINISTRATION OF A CONTROLLED SUBSTANCE & MEDICATION ASSISTED TREATMENT

(Senate Bill 47, Public Act 252 of 2017)

Effective March 27, 2018, even when administering a controlled substance directly to a patient, a physician or a licensed prescriber will be required to report the dispensing of the controlled substance to MAPS. Moreover, physician offices that prescribe buprenorphine or methadone as part of an approved substance use disorder program, must query MAPS prior to prescribing. Physicians who dispense buprenorphine or methadone on premises, as part of an approved substance use disorder program, are required to query and report data associated with the encounter to MAPS so long as federal law does not prohibit the reporting of data concerning the patient.

Exceptions to the MAPS reporting requirement when dispensing a controlled substance include the following circumstances:

- A hospital that is licensed under article 17 that administers the controlled substance to an individual who is an inpatient.
- A health facility or agency licensed under article 17 if the controlled substance is dispensed by a dispensing prescriber in a quantity adequate to treat the patient for not more than 48 hours.
- A veterinary hospital or clinic that administers the controlled substance to an animal that is an inpatient.

MAPS Registration Tips for Physicians

As of April 4th, all MAPS current and future users will need to be registered with the new MAPS AWARxE. Below are some useful tips to ensure you have the information necessary to enroll.

■ Know Where to Register

- For registration to PMP AWARxE, go to <https://michigan.pmpaware.net/login> and click on "Create Account."

■ Know your email and what password you want to use

- You will be prompted to enter your email and create a password. (Note: Only one user account is allowed per email address. Also, your email address will become your login ID.)
- Your password must be at least 8 characters with at least 1 UPPERCASE letter, 1 lowercase letter, and one symbol (e.g., HappyDay!).

■ Know your role

- Physicians will select "Healthcare Professionals" and then "Physician MD, DO".
- Residents will select "Healthcare Professionals" and then "Medical Residents".

■ Watch for the green banner

- You will be prompted to check the email account you provided, open the Welcome email, and click on the "Verify your email" link in that email. When you click the link, you should then see a login screen that says, "Your email has been verified." The next step is to return to your Registry Form and finish registering.

■ Know your numbers

You will be asked to enter the following numbers:

- DEA Number (Note: Once you enter your DEA number, you can select "AutoFill Form" to populate the form.)
- Controlled Substance ID (Note: Your Controlled Substance License is issued by the state of Michigan and is not the same as your DEA Number. If you don't know this number, go to the state's "Verify a License" webpage at <https://w2.lara.state.mi.us/VAL/License/Search>, typing in your name, and selecting "Pharmacy" as your occupation.)
- Professional Licensee Number (Note: This is your state-issued Permanent ID. It is the 10-digit number in the lower left corner on your license. If you don't have it readily available, you can find your Permanent ID by going to <https://w2.lara.state.mi.us/VAL/License/Search>, typing in your name, and selecting "Medicine" or "Osteopathic Medicine & Surgery" as your occupation.)
- National Provider Identifier (NPI)

■ Identify your specialty

- You will be asked to select your specialty.

■ Check for your confirmation email

- Following receipt of your confirmation email, you will be able to login to MAPS AWARxE using the email address and password you created during registration
- In most cases, physicians will be Auto Approved with their DEA, Professional License, and Controlled Substance numbers. However, there are some specific roles that require manual review and approval by the state administrator such as Indian Health Service and VA prescribers and dispensers.

■ Know where to go for help

- Call 1-844-364-4767. Questions regarding registration are being handled directly by Appriss and technical assistance is available 24 hour day, 7 days/week, 365 days/year.
- Should you have any policy questions, please contact the Bureau of Professional Licensing's MAPS support team at (517) 373-1737
- Informational webinar on upgraded MAPS: <https://msms.adobeconnect.com/p2xbbliddwr/>.

Michigan State Medical Society Pain and Symptom Management CME On-Demand Webinars

Completion of any combination from the following Webinar Series to equal 180 minutes fulfills the minimum three hours of continuing medical education in the area of pain and symptom management required by the Department of Licensing and Regulatory Affairs.



Part 1 -- Pain and Opioid Management 2017

Presenter:

Carl Christensen, MD, PhD, D-FASAM, FACOG, cMRO
Clinical Associate Professor, Departments of Psychiatry and OB Gyn, WSU School of Medicine

Cost:

\$50 MSMS Member Physicians & Office Staff

\$75 Non-Member Physicians

Duration: 60 minutes

[On-Demand Webinar - Register Now](#)

AMA Credit Designation Statement: The Michigan State Medical Society designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Part 2 -- The CDC Guidelines

Presenter:

Carl Christensen, MD, PhD, D-FASAM, FACOG, cMRO
Clinical Associate Professor, Departments of Psychiatry and OB Gyn, WSU School of Medicine

Cost:

\$50 MSMS Member Physicians & Office Staff

\$75 Non-Member Physicians

Duration: 60 minutes

[On-Demand Webinar - Register Now](#)

AMA Credit Designation Statement: The Michigan State Medical Society designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Part 3 -- Treatment of Opioid Dependence

Presenter:

Carl Christensen, MD, PhD, D-FASAM, FACOG, cMRO
Clinical Associate Professor, Departments of Psychiatry and OB Gyn, WSU School of Medicine

Cost:

\$50 MSMS Member Physicians & Office Staff

\$75 Non-Member Physicians

Duration: 40 minutes

[On-Demand Webinar - Register Now](#)

AMA Credit Designation Statement: The Michigan State Medical Society designates this enduring material for a maximum of .70 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Part 4 -- The Role of the Laboratory in Toxicology and Drug Testing

Presenter:

Martin H. Bluth, MD, PhD
Professor of Pathology, Wayne State University School of Medicine
Chief Medical Officer, Consolidated Laboratory Management Systems
Director, Pathology, Michigan Surgical Hospital

Cost:

\$50 MSMS Member Physicians & Office Staff

\$75 Non-Member Physicians

Duration: 49 minutes

[On-Demand Webinar - Register Now](#)

AMA Credit Designation Statement: The Michigan State Medical Society designates this enduring material for a maximum of .75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Part 5 -- Michigan Automated Prescription System (MAPS) Update

Presenter:

Kim Gaedeke
Director, Bureau of Professional Licensing

Cost: Free

Duration: 20 minutes

[On-Demand Webinar - Register Now](#)

AMA Credit Designation Statement: The Michigan State Medical Society designates this enduring material for a maximum of .30 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting
and a *Medical Community Town Hall* in conjunction with the

CRIM Foundation

and sponsored by the **United Way of Genesee County**

February 1, 2018

Mindfulness in Medicine:

*Promoting Health, Well-being, and Resilience in
Patients, Physicians, and Health Care Providers*

This program will focus on the use and benefits of mindfulness for physicians, their families, and staff. It will also introduce attendees to the use of mindfulness to improve patient outcomes. Presentations will be research focused and will look at how physicians are using mindfulness as a tool in their practices.

Presenters:

- **Anju Sawni, MD**
Personal & Professional Mindfulness
- **Ruth Lerman, MD**
*Mindfulness Medical Director,
Beaumont Hospital in Royal Oak*
- **Sarah Sullivan, Program Director**
Crim Mindfulness Initiative

Mindfulness supports physicians:

- ✓ Improving overall patient care and outcomes
- ✓ Strengthening clinician-patient relationships
- ✓ Enhancing health and wellbeing

Meeting Location:

Flint Golf Club
3100 Lakewood Drive
Flint, MI 48507

Evening Schedule:

6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

Space is limited!

Please register by January 25, 2017

Please mail your reservation payment to:

Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
Flint, MI 48532

Please invite other physicians and practice managers to this meeting!

GCMS physicians, spouses, GCMSA, family members, practice staff and other interested professionals are encouraged to attend!

\$40.00 – GCMS Members, Spouses, Practice Managers, & Staff

\$40.00 – Staff & Special Guests of Greater Flint Health Coalition and Crim Fitness Foundation

\$25.00 – Resident Physicians & Medical Students

\$75.00 – Non-Member Physicians, Spouses, Practice Managers, & Staff

Email Sherry at ssmith@gcms.org to register your attendance or call **810-733-9923** for more information.

Exciting Grant Opportunity for Michigan Physicians!

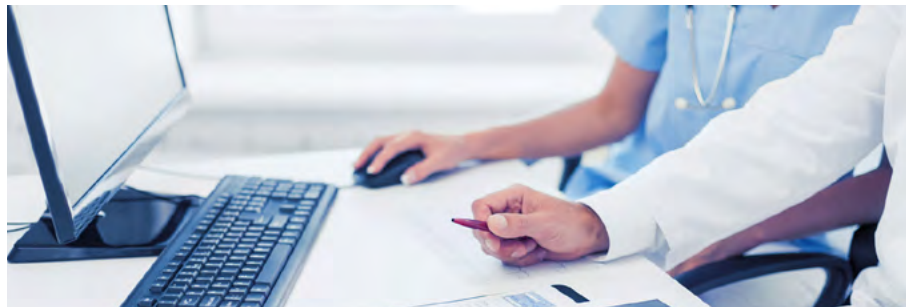


Integrate Your EHR«—»MAPS

In April 2017, the state of Michigan updated its Michigan Automated Prescription System (MAPS) to a more user-friendly platform, powered by Appriss Health's PMP AWARxE software. Through a combination of state and federal funding* the state will cover Appriss Health's costs to integrate the newly-upgraded MAPS directly into physician practices' electronic medical records and pharmacy dispensing systems across Michigan, allowing instant access for prescribers and pharmacists.

Physician practices are encouraged to apply!

The Michigan State Medical Society and the Michigan Academy of Family Physicians have been working closely with the Department of Licensing and Regulatory Affairs to anticipate any questions or concerns physician practices may have. We have also prepared a separate FAQs document, which we encourage you to review prior to applying for this grant opportunity.



Upon reviewing the FAQs document, please visit the state of Michigan website (<http://www.MSMS.org/MAPSGrant>) and complete the following steps to be considered for funding support:

STEP 1: Complete the Integration Request Form

Be sure to identify the primary contact person who will lead the project on your practice's behalf, as well as your EHR vendor's name and contact.

STEP 2: Review and sign the Terms & Conditions

See the FAQs for additional information on contract terms.

STEP 3: Submit your information

Send the completed Integration Request Form and Terms & Conditions to MAPS at BPL-MAPS@michigan.gov.

STEP 4: Schedule a Meeting

A technical assistance meeting will be scheduled between the practice's software vendor and Appriss Health, the MAPS software vendor.

**This two-year funding opportunity is scheduled to end on August 31, 2019. See FAQs for additional information.*

Send the necessary information to BPL-MAPS@Michigan.gov.

EHR«—»MAPS Integration

Q1: What is the Integration Initiative?

As you may know, an updated and more user-friendly Michigan Automated Prescription System (MAPS), powered by the Appriss PMP AWARxE software platform, went live in April 2017. While this update offers many functionality and efficiency improvements, the State of Michigan also wants to increase the utilization of MAPS within the clinical workflows of prescribers and pharmacists. Therefore, the State is taking advantage of additional technology available from Appriss Health by funding the integration of MAPS data into the electronic health records (EHRs) and pharmacy dispensation systems of hospitals, medical practices, and pharmacies.

This integration will enable prescribers and pharmacists to access their patients' MAPS reports without having to log out of one system and into another. Additionally, participants in this integration initiative will receive Appriss' NarxCare, which is a more robust analytics and prevention tool intended to help prescribers and dispensers better assess patient risk and help prevent prescription drug and opioid abuse.

Q2: How do I participate?

There is a simple four-step process to participate.

1. Go to the Michigan Department of Licensing and Regulatory Affairs (LARA) webpage at <http://www.MSMS.org/MAPSGrant> where you can access the Integration Request Form and the Terms and Conditions document.
2. Fill out the one-page Integration Request Form.
3. Review and sign the Terms and Conditions.
4. Email the Integration Request Form and Terms and Conditions document to LARA at BPL-MAPS@michigan.gov.

Once your application is received, the State will notify Appriss Health. Appriss Health will then connect with your EHR vendor.

Q3: Is there a cost to participate?

The State is fully funding the cost to integrate charges by Appriss Health, the MAPS software vendor, including licensing fees through August 31, 2019. The State will not be funding any costs that may be charged by EHR vendors. However, we are hopeful that many of the EHR vendors will be offering this capability at no additional charge to their customers. We strongly recommend that you seek clarification from Appriss Health and your EHR vendor regarding potential EHR vendor costs prior to moving forward with integration.

Q4: What if I'm not yet registered in MAPS?

You and any other prescribers on your EHR must be registered in MAPS in order to take advantage of the integration. If you have not yet registered, you may do so at <http://www.MSMS.org/MAPSUsers>.

Q5: What do I need to know about the Terms and Conditions document?

Although Appriss Health and LARA have negotiated the language in this Agreement, there are some key provisions that are important to understand.

Costs – the document clearly states that the State of Michigan will cover Appriss Health's integration and licensing costs through August 31, 2019. Any additional costs are the responsibility of the medical practice ("Subscribing Organization"). As mentioned in FAQ #3, for most users there may not be any additional costs.

(CONTINUED)

Send the necessary information to BPL-MAPS@Michigan.gov.

However, unless and until your EHR vendor commits to providing this capability free of charge, there is no guarantee that additional costs will not be incurred. The State intends that health systems, physician organizations, medical practices, and pharmacies will work directly with Appriss Health for continued licensing privileges beyond August 31, 2019. At this time, there is no commitment from the State to continue funding after August 31, 2019, for any integration or licensing costs. The State encourages participants of the statewide integration project to develop a separate Agreement with Appriss that covers continued services and support beyond this date should the participant be willing to cover these costs.

Authorized Users – are validly licensed prescribers who are registered with MAPS, authorized by their Subscribing Organization (i.e., medical practice) to use MAPS data, and acting pursuant to applicable requirements and law. See Section 1.8 of the terms and conditions.

Access and Use of Appriss Health’s Gateway Service – practices will need to have policies and procedures in place to ensure appropriate access, use, and security. (Note: MSMS Legal Counsel is drafting model template language for practices to use as a guide to comply with this requirement.)

Unauthorized or Inappropriate Use of Gateway Service – the Subscribing Organization is compelled to investigate and report to LARA complaints of unauthorized or inappropriate use.

Unauthorized Disclosures – the Subscribing Organization is required to investigate and report any known privacy or security breach incidents involving the unauthorized use or disclosure of PHI which is not in compliance with the terms of the Agreement or with applicable law.

Indemnification – the Agreement indemnifies and holds harmless the State, Appriss Health, and the National Association of Boards of Pharmacy from inappropriate actions of the Subscribing Organization.

Ownership of Information – states that PHI and any related information created or received from or on behalf of the State is the property of the State. The intention is that the information not be used for purposes other than intended.

Termination or Expiration – if the Agreement is terminated or expires, the Subscribing Organization can no longer use the Gateway Service and must destroy and certify destruction of proprietary information (i.e., Gateway Service documentation).

Q6: How long will it take after I sign up to integrate my EHR with MAPS?

It depends on the readiness of your EHR vendor and the timing of scheduled updates that may be required for the version of software you are currently using. If your EHR vendor is one that has the capability in place, you could be up and running in the near future. However, if your vendor still needs to develop those capabilities or is waiting to offer it in the next update release, it may take more time. Also, in order to make this integration initiative available to as many prescribers as possible, the State is prioritizing those EHR vendors that have a greater presence in Michigan.

Q7: If my EHR vendor doesn’t currently have the capability to integrate with MAPS, should I wait to submit a request?

No. It is important that you get in the queue. Also, by signing up, the State and Appriss Health have more leverage when working with the EHR vendors whose customers are asking for the ability to integrate with MAPS.

Q8: Do I need to contact my EHR vendor?

No, not to register to participate. However, it is important that you include the name of your EHR vendor and your contact with that vendor on the Integration Request form. Appriss Health will follow-up with your EHR vendor to coordinate the integration.

Q9: Where can I get more information?

LARA MAPS Support Team:

517-373-1737 or BPL-MAPS@michigan.gov

Stacey Hettiger, MSMS:

517-336-5766 or shettiger@MSMS.org

Dara Barrera, MSMS:

517-336-5770 or djbarrera@MSMS.org

Christin Nohner, MAFP:

517-664-9082 or cnohner@MAFP.com

Visit MSMS.org/MAPSgrant to apply for this exciting grant opportunity.



February 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes at **no cost** to all individuals who live or work in Flint and Genesee County. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details. [Click](#)

[HERE to Access the Nutrition Education & Resources Calendar](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
FEBRUARY 2018				¹ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga IHFC 6:45 p.m.	² Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	³
	⁵ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10am Pound GAC 10:15am Aqua Fitness U of M-Flint Rec 5:30-6:30 pm	⁶ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Splash Bash U of M-Flint Rec 11:00 am	⁷ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30-1:30pm Community Yoga 5:15 PM - 6:15 PM Crim Fitness Foundation Zumba GAC 5:30 p.m.	⁸ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga IHFC 6:45 p.m.	⁹ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	¹⁰ Adventures in Winterland Flint Iceland Arena 1-3:30 pm
	¹² Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10:00 a.m. Pound GAC 10:15am Aqua Fitness U of M-Flint 5:30pm	¹³ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Splash Bash U of M-Flint Rec 11:00 am	¹⁴ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30-1:30pm Zumba (Beginner) GAC 5:30 p.m.	¹⁵ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Basic Yoga IHFC 6:45 p.m.	¹⁶ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	¹⁷
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February 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule



New Year New You Healthy Habits Challenge!

The Commit to Fit! New Year, New You! Challenge is an eight week individual challenge to encourage individuals to practice daily activities to be more active, eat healthier, and promote wellness to others. Overall Wellness Score Drawing Each participant who reaches the eight-week goal of 3,000 Total Wellness Points will be entered into a drawing to win a Farmers' Market Gift Card.

CHALLENGE GOAL: Log 3,000 Total Commit to Fit! Wellness Points

How to Participate: Join the Challenge at commit2fit.com to get started! Beginning January 1st, track your activities on commit2fit.com, the Commit to Fit! mobile app, or by syncing your fitness apps/devices. Log on to commit2fit.com. You can sign up anytime! Earn points for being active!

Join Commit to Fit! at the Adventures in Winterland Event!!

A poster for the 'Adventures in Winterland' event. The title 'Adventures in Winterland' is at the top in large blue letters. Below it, the date and time 'Saturday February 10, 2018 1:00 - 3:00 p.m.' are listed in orange and white. The location 'Flint Iceland Arena 1160 Elms Road, Flint' is in white. A section titled 'OPEN TO ALL GENESEE COUNTY RESIDENTS' is followed by a paragraph describing the event and a list of activities. At the bottom, there are logos for 'COMMIT TO FIT!', 'GENESEE COUNTY PARKS', 'FLINT ICELAND ARENAS', and 'ICELAND COMPETITIVE EDGE FIGURE SKATING CLUB'. The footer contains contact information: 'For more info, call 810.736.7100 or join the Facebook event page. commit2fit.com | flinticeland.com | geneseecountyparks.org'.

February 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

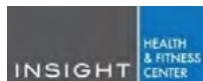
Class Descriptions & Locations

Basic Yoga (1 hour)

This class is a balanced flow of postures designed to build stamina, strength, and flexibility while promoting weight loss and general stress relief.

Insight Health & Fitness Center (IHFC)

Formerly Hurley Health & Fitness Center
4500 S. Saginaw St
Flint, MI 48507
(810) 893-6489



Community Yoga (1 hour) – This is a yoga class for all levels. Please wear comfortable and loose-fitting clothing. Some yoga mats will be available to borrow as well

Mindfulness@crim.org
(810)-235-7461



Crim Fitness Foundation

452 Saginaw Street Downtown Flint

Senior Stretch (1 hour) - This class will help improve overall strength and flexibility. The class is led by a certified senior fitness instructor who will guide you through the exercises at your own pace. This class is perfect for all ability levels.

YMCA Downtown Flint

411 E. 3rd Street
Flint, MI 48503
(810) 232-9622



Genesee County Parks and Rec

Visit the calendar at: <http://geneseecountyparks.org/> to learn more about fun family events in Genesee County Parks!



Questions?
Email commit2fit@flint.org

Aquafitness/Splash Bash- An invigorating water workout. Ideal for all fitness levels. No swimming required

University of Michigan-Flint Rec Center

401 Mill Street, Flint, MI 48502
(810) 762-3441



Enhance Fitness (1 hour) – A fun, energizing class geared toward improving overall functioning and well-being. Improve your cardiovascular fitness, strength, flexibility and balance!

TIMES & LOCATIONS:

Hasselbring Senior Center

1002 Home Ave. Flint, MI
(810) 766-7128 Mon, Weds, & Fri 9-10 am



Flint Farmers' Market- Tuesdays &

Thursdays 10:00-11:00 am
300 E. First St Flint, MI
(810) 232-1399



Zumba Gold (1 hour) - A less intense version of the classic Zumba. This class offers fun music to keep the excitement high while keeping the impact low.

POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training.

Genesys Athletic Club (GAC)

801 Health Park Blvd
Grand Blanc, MI 48439



Arthritis Foundation Exercise Program (1 hour) A low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level!

Grand Blanc Senior Center:

Tuesday & Thursdays 10am – 11am

Swartz Creek Senior Center:

Fridays 11am – 12pm



HAPPY BIRTHDAY DOCTOR

FEBRUARY

Yaseen Rafee, MD	2	Rabbi Salimi, MD	16
Gul Sachwani Daswani, DO	2	Edward Gomez-Seoane, MD	16
Kumbla Bhakta, MD	3	Amy Wu, MD	17
Mark Weiss, MD	3	Shawn Wiggins, MD	18
Cynthia Horning, MD	3	Raymond Rudoni, MD	19
Evelyn Alunit, MD	5	Charles Safley, MD	20
Gregory Fortin, MD	5	Dianne Trudell, MD	20
Ahmed Akl, MD	5	Athear Alrawi, MD	20
Bradford Murphy, DO	6	Daniel Bernstein, MD	22
Virgil Hooper, MD	8	Steven Boskovich, MD	22
Avery Jackson, III, MD	9	Ali Esfahani, MD	24
Frederick Lim, MD	12	Laura Carravallah, MD	24
Gregorio Imperial, Jr., MD	12	Pino Colone, MD	26
Jay Holmes, MD	12	Omar Gayar, MD	26
Sharon Dowd, MD	14	Samuel DeNardo, MD	27
Maurice Chapin, MD	15	Thomas Wright, DO	27
Rajeevi Pandyan, MD	15	Mark Anderson, MD	28
Nelson Schafer, MD	16	Mohammad Tabbah, MD	28

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Custom designed physician office. Available for rent or purchase in Stone Bridge office complex off Linden Rd. across from Genesee County Medical Society. New roof and heating/cooling.

Contact 810-610-0965

AUTOCLAVE NEEDED

by not-for-profit urgent care center. Please contact Brenda at bcraft@gcms.org or call **(810) 232-2710**.

PHYSICIANS NEEDED

at the Emergency Medical Center of Flint Various shifts available for part-time, as well. Must be willing to do minor stitches, infants & children, splinting, and minor eye & ear procedures. This is a classic urgent care much like family practice. Hours of operation Mon, Wed: 10am-9pm, Tue, Thur, Fri, Sat: 12pm-9pm, closed on major holidays Located at 2284 S. Ballenger Hwy., Suite 2, Flint, 48503.

Contact Pete Levine at 810-733-9925.

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 Flint, MI 48532

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 5399 E. Court St. N.
 Burton, MI 48509

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 1005 University Ave.
 Flint, MI 48504

Branch Office
 3400 Regency Park Dr.
 Grand Blanc, MI 48439

Branch Office
 168 N. Saginaw St.
 Lapeer, MI 48446



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**United Way
of Genesee County**

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hand-raisers. We raise our hands to lead the fight
and reach out to people who need help. And hope.**

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